

How do you get the MOVE!® Coach app?

- **Visit** <http://www.move.va.gov/movecoach.asp> for more information
- **Download** the app here:



How will VA help you succeed with MOVE!® Coach Mobile?

- Staff at participating local facilities will help you with the program—they will provide you with an orientation and periodic check-in for questions and answers.

Contact your local MOVE!® Team for more information.



Visit <http://www.move.va.gov/movecoach.asp> for more information

Your MOVE!® Coach Point of Contact:

VAHealth

MOVE!® Coach Mobile App



Go mobile and get MOVE!®-ing

VA



U.S. Department of Veterans Affairs
Veterans Health Administration
Patient Care Services
Health Promotion and Disease Prevention

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What is MOVE!® Coach?

MOVE!® Coach is a phone app (application) that offers a new way to participate in MOVE!®—VA's successful weight management program.

MOVE!® Coach is a portable way to manage your weight, your way.

This 19-week, self-guided program provides everything you need to set, track, and achieve your diet, physical activity, and weight goals.

It's easy to participate! All you need is an iPhone or iPad with iOS version 6.0 or higher.



MOVE!® Coach provides the following features and benefits:

- **11 specialized guides** to help you manage your weight and get healthier
- **Tools** to help you set and meet your personal goals for weight, diet, and physical activity
- **Personalized graphs** to help you track your long-term and daily weight loss, daily food intake, calories, and physical activity
- **42 educational videos**—including 11 on physical activity—and a variety of **games** and **worksheets** make it easier for you to succeed
- **Daily diary** to help you track how much you weigh, what you eat, and how much exercise you're getting
- **Calculators** to determine how many calories you consume and burn
- Progress and summary **reports** to help you keep track of your goals
- **Problem-solving** tools help guide you past common weight-management challenges
- Links to **additional handouts** that provide even more information to help you succeed

 **MOVE!®
Coach**



How MOVE!® Coach Works

- The app walks you through a series of self-management guides. You will complete 1 guide each week for the first 3 weeks.
- Then, you complete 1 guide every other week for 9 more weeks—a total of 19 weeks of MOVE!®.
- If you need to, you can go back to any guide that you've already finished (however, you can't jump ahead to a future guide).
- Staff at participating local facilities are available to help you with the program.

